



## Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.N.Y.S Degree Examination – June 2014

**Time: Three Hours**

**Max. Marks: 80 Marks**

### FASTING THERAPY

**Q.P. CODE: 2516**

Your answers should be specific to the questions asked  
Draw neat labeled diagrams wherever necessary

#### LONG ESSAYS

**2 x 10 = 20 Marks**

1. Brief about, the philosophy of therapeutic fasting. Add a note on the historical highlights of fasting in India & Foreign countries.
2. Explain monodiet (Kalpa). Give the benefits of monodiet in case of peptic ulcer.

#### SHORT ESSAYS (Answer any eight)

**8 x 5 = 40 Marks**

3. Juice fasting Vs Water fasting
4. Hygienic auxiliaries of fasting with justification
5. Physical exercise in fasting
6. Difficulties encountered in fasting
7. Why we over eat? Is, fasting indicated for healthy life?
8. Auto intoxication
9. Management of crisis during fasting
10. Basis of fasting
11. Management of Rheumatism by fasting
12. Rules of sane fasting

#### SHORT ANSWERS

**10 x 2 = 20 Marks**

13. Is fasting healthy
14. Fasting for longer life
15. Fasting in deficiencies
16. Management of alcoholism through fasting
17. Chronic disease
18. Fasting in old age
19. Role of fasting in intestinal infestation
20. Benefits of grape juice fasting
21. In what ways, feeding in, acute disease harmful?
22. Mono diet

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